

News Leader

FORT SAM HOUSTON

A PUBLICATION OF THE 502nd AIR BASE WING — JOINT BASE SAN ANTONIO



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**502ND MSG
CHANGE OF
COMMAND**



**JULY 8, 9 a.m.
Fort Sam Houston Flagpole**

"One Team, Supporting Military Missions and Family Readiness!"

Know your responsibilities during Stage III water restrictions; report waste

With all three Joint Base San Antonio military installations in Stage III water restrictions, everyone – including civilian employees, housing residents and contract personnel – should understand what their responsibilities are in conserving this precious natural resource.

San Antonio's water comes primarily from the Edwards Aquifer, a limited underground source. Since this is the main water source for this area, restrictions are needed in times of severe drought. Currently, San Antonio has received only four inches of rain since the beginning of 2011. The average for that time frame is usually 17 inches of rain.

Lawn watering, filling swimming pools and car washing are being dramatically restricted, according to JBSA civil engineers, who stress that non-compliance could result in administrative actions. If you observe water waste and abuse, report it on the JBSA Hotline at 466-4H2O (466-4426).

When water ends up outside areas it was intended, like outside of pools, in the street, or on sidewalks, parking lots or driveways, it's wasted.

Watering plants and grass can be the biggest waste of water, if not done properly.

While Stage III restrictions won't make your landscape green, it will allow for it to stay healthy. During times of drought, plants and grasses go into survival mode and can stay alive with minimal water, even after losing their green color.

Watering during morning or evening hours is the most effective, because it's during the coolest part of the day and there is less water lost to evaporation.

JBSA CE officials recommend using watering methods that allow for complete soaking of the ground, before it runs off to the street, driveways, or parking areas. Soaking allows for reaching the roots and prevents waste. Hand-held hoses, soakers, and water buckets are the best methods.

Additionally, adding two to four inches of mulch around plants and trees insulates the ground and prevents water evaporation by up 40 percent.

Under JBSA Stage III watering restrictions, the following guidelines ap-

See WATER, P16

FSH SUMMER SAFETY DAY



Photo by Lori Newman

Security Forces Squadron provides a military working dog demonstration June 22 during the Fort Sam Houston Summer Safety Day event at the Roadrunner Community Center. More than 35 vendors and presenters participated in the annual event. The Fort Sam Houston Fire Department provided fire extinguisher training. See story and more photos, Page 4 or visit <http://www.samhouston.army.mil/PAO>.

JBSA celebrates Independence Day ... without fireworks, officials say

By Steve Elliott
FSH News Leader

When it comes to the Fourth of July, the military installations of Joint Base San Antonio certainly know how to celebrate. Live music, family activities and 50 cannon blasts are just some of the ways JBSA members can celebrate Independence Day.

However, the San Antonio Fire Department has now

banned all public displays of fireworks, including the customary downtown display while JBSA officials cancelled the fireworks at Lackland and Randolph Air Force Bases. The cause behind the ban is an historic drought that has led to extraordinary measures.

The public is still invited to enjoy food, music and games at both Lackland and Randolph AFBs July 4. Events at Lackland begin at 4 p.m.

and the Randolph activities start at 5 p.m.

At Fort Sam Houston, there is a "Salute to the Union" beginning at 11:30 a.m. July 4 at the FSH Main Flagpole on Stanley Road. The event features cannons fired in succession saluting each of the 50 states.

In addition, members of the Sons of the American Revolu-

See JULY 4TH, P7

VISIT NEWS LEADER ONLINE: [HTTP://WWW.SAMHOUSTON.ARMY.MIL/PAO](http://www.samhouston.army.mil/PAO)



Editorial Staff

502nd Air Base Wing Commander
Brig. Gen. Leonard Patrick

502nd Mission Support Group
Commander
Col. Mary Garr

Public Affairs Officer
Karla L. Gonzalez

Editor
Steve Elliott

Associate Editor
L. A. Shively

Writer/Editor
Lori Newman

Layout Artist
Joe Funtanilla

News Leader office:

2330 Stanley Road
Building 122, Suite C
Fort Sam Houston
Texas 78234-5004
210-221-1031
DSN 471-1031

News Leader Advertisements:

Prime Time
Military Newspapers
2203 S. Hackberry
San Antonio, Texas 78210
Phone: 210-534-8848
Fax: 210-534-7134

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News Leader**

fshnewsleader@gmail.com

News Leader online:

www.samhouston.army.mil/PAO

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Enjoy the freedoms our founding fathers fought for

By Lt. Gen. Guy C. Swan III
Commanding General,
U.S. Army North



all come with warning labels, but we have to be part of a multi-tiered defense

system for the good of our community and our loved ones.

Let me close with a plea to employ the time-tested practice of operating in buddy teams.

Simply put, the responsibility of a buddy is to multiply your ability to protect our freedom by a multiple of two. Those are good odds against every imaginable threat.

Enjoy your holiday weekend! Strength of the Nation!

I wish you and your Families a very happy Independence Day weekend. Our founding fathers would want you and your Families to enjoy the freedoms that they fondly spoke of and valiantly fought to bring us.

We should honor their courage by continuing their legacy in our daily lives.

We want you to enjoy the freedoms this great country brings us while being safe throughout the holiday weekend – and returning to work fit to continue our shared mission.

I ask that you take the following to heart and share it with your teammates:

- No thrill is worth risk to life or limb. I urge you to approach everything you do this weekend with an extra ounce of vigilance.

- Realize that alcohol and some medications will inhibit the normal operation of your body – take this into account and practice moderation.

- The summer will not get cooler anytime soon. The sun can take its toll on the human body quickly. Afford it the respect it deserves with sun screen and healthy hydration. Get the rest that your body needs.

- Do not be overconfident; the sun has more staying power than you.

- Recognize risky behavior of others and be willing to intervene in a safe and prudent manner. Fireworks, grills, and recreational vehicles

You are the key to a safe Fourth of July

By Brig. Gen. Leonard A. Patrick
Commander, 502nd Air Base Wing



Wingmen and Battle Buddies, the Fourth of July is a time for us to commemorate the adoption of the Declaration of Independence on July 4, 1776, and the birth of our nation.

This day is also commonly associated with festivities such as parades, barbecues, carnivals, fairs, picnics, concerts, games, family reunions, ceremonies, and various other public and private events celebrating the history, government, and traditions of the United States.

We've enjoyed several wonderful Independence holidays recently and since this will be my last one as your JBSA Commander, I would like

to thank each of you for your outstanding efforts which have kept our

people safe over past holidays.

As we celebrate this extended weekend, I challenge each of you to make a special effort to keep an eye out for your Wingman or Battle Buddy. This includes making personal contact to ensure they have considered the risk involved in their activities, and involving their families in reviewing risk assessments.

Also, take a moment to reach out to those in your neighborhood or on the installation who may

have loved ones deployed abroad, or single service men and women who may be away from home for the first time. They could use a break from their normal routine, and your act of kindness will make them feel remembered and cared for.

Lastly, take time to participate in one of celebrations at the JBSA installation of your choice this 4th of July, we'll have activities for all!

And while celebrating this national holiday, take the time to reflect upon the freedoms we all enjoy, and let's honor the sacrifices of those who defended them.

Please celebrate America's Birthday safely, and enjoy the quality time with your friends and family!

News Briefs

ID card Appointments

The One Stop/Welcome Center, Building 367 on Stanley Road is open to walk in customers Monday-Friday 7:30-11 a.m. or the first 50 people. Appointments can be made online at <http://appointments.cac.navy.mil/appointment/building.aspx?BuildingId=23>. Appointment hours are Monday-Friday 1-3 p.m. Call 221-0415 for information.

Wilford Hall Emergency Department Closing

The Wilford Hall Medical Center Emergency Department will close effective June 30 and become an Urgent Care Center effective July 1. Emergency services are still available at Brooke Army Medical Center. For minor illnesses or injuries, call 916-9900 for an appointment with your primary care manager prior to coming to the Urgent Care Center for care.

FSH Museum Closure

The Fort Sam Houston Museum will be closed July 3 in observance of the 4th of July holiday. The museum will be open on July 2.

502nd MSG Change of Command

Col. Mary Garr will relinquish command of the 502nd Mission Support Group to Col. John Lamoureux during a ceremony July 8 at 9 a.m. at the Fort Sam Houston flagpole.

Gas Line Installation

City Public Service will be constructing a gas line from July 11 through Oct. 9. Construction will be off N. New Braunfels Road near the Quadrangle, proceed through the Infantry Post area and continue up to Building 4011. Call 221-1983 or 221-4277 for more information.

Pre-Command Course

This course for new first sergeants and company commanders will be held Aug. 2-5. The intent is to provide new company leadership a full understanding of garrison resources available to assist them during their time in

See NEWS, P4



Davis assumes command of 187th Med. Bn.

By Lori Newman
FSH News Leader

The Soldiers of the 187th Medical Battalion stood in formation as Lt. Col. Thomas Bundt relinquished command of the battalion to Lt. Col. Soo Lee Davis during a ceremony on MacArthur Parade Field June 17.

"Changes of command are always bittersweet, and today is no different," said Col. William LaChance, 32nd Medical

See 187TH, P4



(From left) Col. William LaChance, 32nd Medical Brigade commander; Lt. Col. Thomas Bundt, 187th Medical Battalion outgoing commander; and Lt. Col. Soo Lee Davis, incoming commander, render a salute during a ceremony at MacArthur Parade Field June 17.

Photo by Lori Newman

Maj. Jay Otken (left) receives the colors of the 338th Military Intelligence Battalion from Col. Jim Lee, 470th MI Brigade commander, symbolically accepting command of the battalion. The change of command took place at Camp Bullis June 4.

Photo by
Gregory Rippes



338th Military Intelligence Battalion changes commander

By Gregory Rippes
470th Military Intelligence Brigade
Public Affairs

The 338th Military Intelligence Battalion (U.S. Army Reserve) held a change of command ceremony at Camp Bullis June 4, at which time Lt. Col. Nelson Irizarry relinquished command to Maj. Jay Otken.

Col. Jim Lee, who commands

the 470th MI Brigade, officiated at the ceremony for the brigade's subordinate battalion during its weekend Battle Drill Assembly.

The 338th MI Battalion numbers approximately 130 Army Reservists and draws from a large area. These Soldiers deploy individually or

See 338TH, P7

232nd MB Combat Medics welcome new commander

By Phil Reidinger
AMEDDC&S Public Affairs

Hundreds of Soldiers assigned to the Army's largest training battalion stood in formation June 21 to welcome Lt. Col. Eric Sones as the new commander of the 232nd Medical Battalion – the combat medic battalion.

Sones recently completed a tour in Kuwait and prior to assuming command served as the

chief of the AMEDD Center and School Captain's Career Course.

Col. William LaChance, 32nd Medical Brigade commander and ceremony host, congratulated Lt. Col. Peter Lehning, outgoing commander of the battalion saying, "He led with compassion and love of Soldiers and achieved phenomenal results."

LaChance noted Lehn-
See 232, P13



Lt. Col. Eric Sones accepts the colors of the 232nd Medical Battalion from 32nd Medical Brigade commander Col. William LaChance during the change of command ceremony held at MacArthur Parade Field, June 21.

Photo by
Phil Reidinger

News Briefs

from P3

command at Fort Sam Houston. Briefing will be given by various garrison organizations the first three days with a tour of training facilities at Camp Bullis the fourth day. Register by July 28. Call 295-9006.

ABC-C Website

The following changes have been made to the ABC-C website at <https://www.abc.army.mil/>:

- A link to OPM's LifeCycle Events page has been added to the "Announcements."
- A new page titled "Social Security" has been added under "Benefits Topics."
- The Date of Retirement (DOR) Change/Withdrawal Form is available under "Benefits Topics," select "Forms," then "Retirement," then "General Retirement Forms."
- Under the "What's Hot" section check out the "New Employee Benefits Tool Kit," "New Employee Orientation Briefing," and "Retirement Forms Preparation Briefing."

Personal Property Moves

Due to the summer peak moving season, shipment requests require a minimum four weeks' notice from date of pickup. It is paramount that service members contact the transportation office as soon as they receive orders and/or to immediately establish a login ID in Defense Personal Property System to initiate their move. Call 221-1605 or stop by Building 367.

Shortage of Household Goods Carriers

HHG carriers have blocked most of June through mid July for arranging shipments. Transportation Offices are improvising/evaluating every option to arrange HHG pickups. Individuals' household goods may not be picked up or delivered on desired dates. Customers should be flexible and commanders and supervisors need to ensure people are afforded time to properly coordinate moves to avoid last minute requests. Call 221-1605 or stop by Building 367.

An ounce of prevention is worth tons of fun at Summer Safety Day 2011

By Deyanira Romo Rossell
502nd FSS Marketing

Shamu and McGruff were popular attention-grabbers for children at the Fort Sam Houston Summer Safety Day June 22, a great way to remind them and their parents to be safe during the hot months ahead.

"People just refuse to wear their life jackets," said Gary Trede, public affairs officer with the U.S. Coast Guard Auxiliary in San Antonio.

The USCG Auxiliary set up a booth to offer advice and inform people about the boat education and safety classes available through the Coast Guard.

"Most drowning fatalities occur when a boater falls out of their boat," Trede explained. "Without a life jacket, they can't get back in and drown trying to swim back to shore."

Hundreds of service members and their families soaked in the advice and the complimentary all-you-can eat pizza, water and soda.

Along with all the giveaways and food, Victoria Rogers got a sobering lesson on drunken driving. Officer Laura Tate, with the San Antonio Police Department, helped Rogers into a police car and a pair of goggles that simulate the effects of driving under the influence of alcohol.

"It was hard. I couldn't really see," said Rogers.



"It was difficult to drive. It makes you oversteer," said 1st Lt. Lauro Perez, as he tried out the simulator. "You think you are turning left but you are really going right. It definitely makes me think about it. Big time."

Along with about 35 other vendors and presenters, the 502nd Security Forces Squadron military working dogs, the Fort Sam Houston Blood Bank and the FSH Fire Department set up at the annual event. FSH Fire Inspector/EMT Scott Rath gave a fire extinguisher presentation and some critical emergency preparedness advice for troops on the post.

"Most people don't even know their building number or address on Fort Sam Houston when they call 911 on a cell phone. Please make sure you know this information," Rath told service members and

Gary Trede, public affairs officer with the U.S. Coast Guard Auxiliary in San Antonio, talks to brothers Raul DeJesus and Steve Anthony Huerta about the importance of wearing lifejackets when boating in lakes and rivers, even if they are good swimmers.

summer with trips to beaches, rivers and lakes.

Safety Specialist Johnny Smith was excited to see such a big turnout.

"I think it was a great event because it benefits family members too. If their service member is injured or deployed they are always thinking about that," Smith said. "During Summer Safety Day, we give out a lot of important information in a fun setting to make sure these families have a safe summer."

For more tips and ideas on keeping safe this summer, contact the wing safety office at 221-3841.

other patrons.

The 502nd Air Base Wing Safety Office organizes this event at a critical time, as families prepare to usher in



Photos by Deyanira Romo Rossell

At age 15, Victoria Rogers has a long road ahead of her behind the wheel. The drunk goggles were an eye-opener for her as she begins to drive.

187TH from P3

Brigade commander.

"We bid a fond farewell to Lt. Col. Tom Bundt, an officer who led this great battalion to achieve consistently superior results over the last two years," LaChance said, prais-

ing Bundt for his many accomplishments while in command of the battalion.

"With the departure of one great commander, we welcome the leadership of another in Lt. Col. Soo Lee Davis. She is exceptionally well qualified to

take on the challenges of leading the fighting 187th."

Bundt thanked his wife for her support. He also praised his Soldiers and staff saying, "Strive to improve yourselves every day, be the very best you can be."

Davis thanked her parents for making the trip from El Paso to San Antonio. "Just down the road, by Texas standards," she joked.

"I am honored for this opportunity to lead the 187th Medical Battalion, a unit with

a distinguished history, that is now charged with training future leaders for the Army Medical Department," Davis said.

Bundt will assume his new post at the Bavarian Medical Department Activity in Vilseck, Germany.

ARMY SURGEON GENERAL HOSTS SUMMER CONCERT

The Medical Command Band performance of "In the Mood" recreated the popular swing music era made famous by band conductor Glen Miller. Lt. Gen. Eric Schoomaker, Army Surgeon General and commanding general of the U.S. Army Medical Command, and his wife, Audrey, invited their guests to join them for an impromptu dance during the concert.



Photos by Phil Reidinger

Schoomaker welcomes guests to the Medical Command Army Medicine Summer Concert at the Army Medical Department Museum June 26. The music, provided by the Army Medical Command Band, included a variety of military band favorites such as "The Star Spangled Banner Finale" and "Chimes of Liberty," and solo performances such as the Frank Sinatra favorite "Fly Me to the Moon," sung by Sgt. Bridgette Dyer.

JULY 4TH from P1

tion – in period uniform – will ring a commemorative bell 13 times to honor the original 13 Colonies of the United States of America. The Army Medical Command Band will provide patriotic music.

Guest speaker for the event will be Lt. Gen. Guy C. Swan III, commanding general of U.S. Army North.

Over at Lackland Air Force Base, a “Star Spangled Festival” with

free admission takes place from 4 to 10 p.m. at the base amphitheater grounds, located next to the Gateway Club on Kenly Avenue.

Enjoy live entertainment all day, plus a “kidzone” tent filled with fun for children of all ages, food and beverage booths, a hip-hop DJ tent, arts and crafts fair, paintball and much more.

The Pictures Band and the Liberty Band perform live at the amphitheater

beginning at 7 p.m.

The event is open to the public. Entrance to the festival for non-military identification cardholder motorists is limited to the Gateway East Gate, beginning at 4 p.m. Military ID cardholders may use the other entrance gates.

No backpacks, coolers, weapons, video cameras or pets (except guide dogs) are allowed on the event grounds. For more information, call 671-3906 or click on [http://](http://www.lacklandfss.com)

www.lacklandfss.com.

At Randolph AFB, people can enjoy the “Show Some Love! July 4th Celebration,” featuring a live concert by San Antonio favorites Two Tons of Steel.

Gates open to the public at 5 p.m. July 4, with TTOS performing from 6 to 9:30 p.m. There will also be food and beverage booths, special children’s activities, sports skills activities, interactive inflatables, the “Game Truck” and

more.

Visitors are reminded not to bring coolers, picnic baskets, backpacks, weapons, bicycles, skateboards, personal fireworks or pets onto the base.

All vehicles are subject to inspection by security forces while on Randolph AFB. The use of a cell phone while operating a vehicle on the base is prohibited.

Randolph AFB officials recommend that all DOD ID card holders

enter the base through the main gates and also maintain their ID cards with them at the event.

Non-military ID card holders should enter through the south gate (off of Lower Seguin Road) or the west gate (off FM78) and will be directed to parking. Gates close to the public at 9 p.m.

For more information, call 652-2052 or click on <http://www.randolphfss.com>.

338TH from P3

incrementally to support brigade intelligence missions, chiefly in support of U.S. Army South.

“When you put on your uniform, you represent the U.S. Army,” Lee reminded the Reservists who gathered in the camp’s vintage theater. “You represent this great

nation [whose Soldiers] are deployed in over 40 other nations.”

In emphasizing the important role Reservists play, Lee also pointed out that, of 300 million U.S. citizens, less than 1 percent belong to the military “that protects their freedom and liberty.”

Irizzary, the outgoing commander, recalled his stint with the battalion, reaching back three years when he “got the call” from Army South. He singled out its non-commissioned officers as the core from which the battalion organized and grew, and noted that the unit achieved

a 100 percent reenlistment rate.

“It’s not me [who built this battalion],” Irizzary said. “You guys are going to go down range. It’s up to you to make it happen.”

Irizzary will attend the International War College, a rare opportunity for a Reservist.

Both Irizzary and his successor hold doctorates from Texas A&M University and each hold a total of four degrees, all attained through the G.I. Bill.

Otken, the incoming commander whom Lee described as well qualified and possessing “boundless energy,” kept

his words brief.

“I just want you to think about the Army value of selfless service and what it means to you,” Otken said. “Army Reservists and National Guardsmen work a lot of nights and weekends, and this is a part of selfless service.”

BAMC internal moves driven by BRAC

By Susan A. Merkner
San Antonio Medical BRAC

Moving inpatients within Brooke Army Medical Center in conjunction with Base Realignment and Closure renovations is similar to a game of chess.

Much time is spent on strategy, since each piece of the move has a ripple effect through the health care system. Advance preparations, meetings, training and communications are worked out before the first move occurs.

The internal moves at BAMC are part of the BRAC transition of inpatient services from Wilford Hall Medical Center. By Sept. 15, BAMC officials expect the inpatient census will

double as the hospital takes on the additional workload from WHMC.

Numerous inpatients were transported safely to new locations inside BAMC in June as the facility internally realigned and opened additional wards for strategic posturing of BRAC end-state inpatient services. Beds are closing at Wilford Hall through attrition.

Throughout the process, "the most important rule is patient safety," said Col. Lawrence Crozier, BRAC nursing integrator.

Teams of four to six people, including movers and hospital staff members, accomplish the moves physically. Clinical staff are assigned to patients, and stay with them and any



Photo courtesy of SAMBIO

Teams of movers assist staff from the 6 East cardiac telemetry unit during the June 2 move to 3 West at Brooke Army Medical Center.

visiting family members throughout the move, Crozier said.

"Staffers are educated to tell patients the day

before the move that they will be moving, and the process is explained to them," he said.

On June 6, some 24

patients, many of whom were attached to cardiac monitors, were moved from the 6 East cardiac telemetry unit to 3 West.

"It was well planned and coordinated," Cro-

zier said. "Our primary concern is the safety and comfort of the patients during these moves."

When patients are moving into empty, renovated rooms, everything in their hospital room is picked up and transported to the new space.

On move day, patients may have the experience of being in their bed, watching TV in the morning, when their team arrives, Crozier said. Each person on the team is responsible for handling specific items, such as furniture or equipment.

A security guard holds an elevator for those in transition, and everything that was in the room is moved at the same time, onto an elevator and then into a new hospital room on a different ward.

"Fifteen or 20 minutes later, patients are settled

See BAMC, P13

Civil law advisor named an Hidalgo for work with Camp Bullis

By Steve Elliott
FSH News Leader

James A. Cannizzo, an administrative and civil law advisor for the U.S. Army at Fort Sam Houston and Camp Bullis, was recognized as an Hidalgo, for his years of work to protect the vital training mission at Camp Bullis.

The honorable title of "El Hidalgo de San Antonio de Bejar" is the highest award the Bexar County Commissioners Court in Texas bestows to an individual for outstanding service. It was once a title King Philip V of Spain, who ruled from 1700 to 1724, would confer upon those who were made knights.

A longtime defender of Camp Bullis and Camp Stanley, Cannizzo received the award dur-

ing a ceremony at the Bexar County Courthouse June 21 by the members of the court.

Over the years, Cannizzo has reversed or stabilized several key urban encroachment issues that threatened the viability of Camp Bullis and Camp Stanley.

These installations had been established over a hundred years ago on the outskirts of San Antonio, but with San Antonio now the third fastest growing major city in the United States, the installations are rapidly becoming surrounded by development.

According to a similar military award Cannizzo received, he has testified on many occasions in the Texas State Legislature on bills that would adversely af-

fect the thousands of acres utilized by service members for a variety of training missions at Camp Bullis and Camp Stanley.

"Thanks for all your great work on behalf of our air quality, water quality, urban forest, natural areas and endangered species," said Richard Alles, a member of the Citizens Tree Coalition, in congratulating Cannizzo. "You have been a surprising and effective advocate for the environment. I especially appreciate the many hours you spent fighting off bills in the Legislature.

"I know that involved many late hours analyzing bills, writing letters, making phone calls and traveling to Austin to testify before committees," Alles said. "We

very much appreciate you as a partner in making San Antonio a greater, healthier place to live."

Cannizzo is credited in arranging several high-profile, complex land transactions which secured endangered species mitigation credits that will resolve Camp Bullis' Golden-cheeked Warbler restrictions.

In April 2011, his initiatives were ranked number one nationwide among all Department of Defense installations in cost effectiveness/partner cost share and has briefed his efforts to a wide variety of attorneys and law courses throughout the United States.

Cannizzo has also done extensive work in regards to small arms



Photo by Phil Reidinger

James A. Cannizzo (third from left), an administrative and civil law advisor for the U.S. Army at Fort Sam Houston and Camp Bullis, receives the Hidalgo Award, presented by the Bexar County Commissioners Court in Texas for years of work to protect the vital training mission at Camp Bullis. Presenting the award are (from left) Precinct 3 Commissioner Kevin Wolff, Bexar County Judge Nelson W. Wolff, Precinct 4 Commissioner Tommy Adkisson, Precinct 2 Commissioner Paul Elizondo and Precinct 1 Commissioner Sergio "Chico" Rodriguez.

ranges and aviation noise corridors around Camp Bullis, allowing the site to remain a viable training area.

"His effective liaison between the Fort Sam Houston community

See HIDALGO, P23

Follow parking rules around new IMCOM campus

By R.J. Holley
Installation Management
Command

There are about 1,400 parking spaces around the newly opened Installation Management Command campus with more lots opening in the next few months.

These campus lots are

shared by IMCOM, the Network Enterprise Center in Building 2265, the Gift Chapel on Wilson Road, MEDCOM offices in Building 2268, various installation support activities in Building 2263, and the Joint Base Headquarters temporary trailers on Wilson Road.

Stanley/Reynolds (ap-

proximately 700 spaces available) The parking lot is located across the street from Building 2263 on Stanley Road. The largest portion of this lot was recently re-constructed and opened June 22, 2011.

Jessup/Reynolds (ap-proximately 650 spaces available) The parking complex is located south of Wilson Street adjacent near the new Installation Management Academy, about a block from the new IMCOM campus.

The lot is connected to the IMCOM Campus by two large, lighted troop walks, and temporary pedestrian crosswalks across Wilson Road. New re-designed and improved pedestrian crosswalks are under construction and will be completed in the near

future.

Additional parking lots adjacent to IMCOM Headquarters and the Fort Sam Houston Theater are expected to open over the next few months for a total of around 2,100 parking spaces, including 75 handicapped parking spaces located nearest the handicap entrances of each building, and 80 spaces marked for low-emission/fuel efficient cars and for carpool/vanpool vehicles.

Other phases and estimated completion dates are:

- Phase 3 - (Open now) approximately 100 spaces located just south of Building 2265.
- Phase 2.5 - (August) Approximately 300 spaces across from Fort Sam Houston Theatre

on Stanley Road and expansion of the recently opened Stanley Road parking lot.

• Phase 5 - (August) Approximately 350 spaces on Connell Road just across from Building 2264. This lot will also serve the Gift Chapel on Wilson Road.

• Phase 6 - (September) Approximately 150 spaces at the west end of the Stanley Road parking lot will be refinished after the theater renovation/construction is completed and the contractor laydown area removed.

In order to keep traffic flow as efficient as possible with 1,500 new IMCOM employees moving into the campus area, the Reynolds/Wilson intersection is being rebuilt to include a traffic light and safer

pedestrian crosswalks.

In addition, Reynolds Road will be widened and resurfaced between Stanley and Wilson to help facilitate turn lanes. Beginning on or about July 5, Reynolds will be completely closed to accommodate the improvements.

To accommodate traffic between Wilson and Stanley, the construction zones on Connell Road have been removed and Connell is now reopened to two-way traffic.

As a reminder to all employees and visitors in the new IMCOM campus area, curbside parking and parking on grass areas is prohibited on main streets of Fort Sam Houston, to include all of the roads around the new IMCOM campus.

The only authorized parking is in clearly identified parking spaces in provided parking lots.

Weekly Weather Watch

	Jun 30	Jul 1	Jul 2	Jul 3	Jul 4	Jul 5
San Antonio Texas	96° Mostly Sunny	93° Isolated T-Storms	95° Isolated T-Storms	98° Partly Cloudy	99° Partly Cloudy	100° Mostly Sunny
Kabul Afghanistan	92° Sunny	92° Sunny	91° Sunny	89° Sunny	90° Sunny	91° Sunny
Baghdad Iraq	106° Sunny	106° Sunny	108° Sunny	110° Sunny	112° Sunny	113° Sunny

(Source: The Weather Channel at www.weather.com)

TELLING THE AMEDDC&S STORY

Col. Valerie Holmes, director of Dental Science, Army Medical Department Center & School, speaks to JROTC students from the Dallas Independent School District about her experiences in the Army and the benefits of choosing the Army as a career. The 300 JROTC students camped at Camp Bullis as part of their annual summer camp and visited the post June 13 and 14. While on post the students visited and received briefings about the Dental Science Department, Preventive Medicine and visited Military Instruction Facilities 1 and 2.



Thomas Jefferson JROTC High School students view the various insects on display during a visit to the Entomology Branch with Preventive Medicine at the Army Medical Department Center and School June 16. The students received an overall brief about preventive medicine in the Army and the opportunity to play with the computers that included information about all of the preventive medicine branches. The students then went to the Military Instruction Facility 1 pharmacy lab, where they learned how to mash pills, measure various ingredients and prepare a mixture.



Members of the 173rd Airborne Brigade Association watch Soldiers train at the Soldier Training Medic Site at Camp Bullis June 24 as part of their reunion visit to San Antonio. The STMS training focuses on all combat medical skills on trauma lanes, battalion aide station, convoy operations, tactical combat care, land navigation, patrolling, and forward operating base operations. The group also spent time at the Combined Arms Collective Training Facility, a premier facility for training in urban combat conditions, the Virtual Combat Convoy Trainer, that provides basic and advanced convoy skills, and the HMMWV Egress Assistance Trainer, which teaches personnel the proper procedures to egress from an inverted Humvee.

Photos by Ester Garcia

Medal of Honor citation marker instills warrior ethos

By Esther Garcia
AMEDDC&S Public Affairs

Company C, 264th Medical Battalion unveiled a Medal of Honor citation marker honoring retired Lt. Col. Alfred Rascon during a ceremony June 17.

“One of the core competencies of our company’s mission is to instill warrior ethos into our Soldiers,” said Capt. Edilberto Santos, company commander.

“We are unveiling a Medal of Honor citation marker within the Charlie Company footprint. The purpose of such marker is akin to embedding the Army values in the Soldierization process.”

The marker is placed next to a sidewalk

outside the Company C headquarters. Santos said during their training, thousands of Soldiers will walk by, stop and read the citation.

“They will learn of one example of how they are a part of the profession of Arms,” the captain said.

“When I was deciding which Medal of Honor recipient citation to display, I came across one that moved me to my core,” said Santos, who was in charge of selecting a citation for the marker. “As I read the actions of one paratrooper platoon medic on March 16, 1966, I knew this was the one – then-Specialist Fourth Class Alfred Rascon.”

“It is a humbling experience to have some-

thing like that for me,” said Rascon, who was the guest speaker for the unveiling ceremony. “It does not reflect me, it reflects all Honor recipients. Most of all, it represents the medics who have given their lives for what they do every day, to go out and take care who needs to be taken care of.”

Rascon enlisted in the Army in 1963 and trained as a combat medic at Fort Sam Houston. In May 1965, his unit deployed to the Republic of Vietnam where his brigade was the first major ground combat unit to arrive.

Rascon’s actions on the battlefield on March 16, 1966 earned him the nations’ highest military award, the Medal of

Honor.

While assigned as a medic to the Reconnaissance Platoon, Headquarters Company, 1st Battalion (Airborne), 503rd Infantry, 173rd Airborne Brigade (Separate), his platoon came

under heavy enemy attack and several Soldiers were wounded.

Ignoring directions to stay behind shelter until covering fire could be provided, Rascon tried to reach the severely wounded machine-gun-

ner, but was driven back by gunfire. He finally jumped to his feet, ignoring flying bullets and exploding grenades, to reach his comrade.

To protect him from

See MOH, P13



Spc. Anthony Hopkins (left) and Company C, 264th Medical Battalion 1st Sgt. Eddie Green III (right) present Medal of Honor recipient retired Army Lt. Col. Alfred Rascon a portrait of himself at the unveiling ceremony June 17. The portrait was painted by Hopkins. “It was an honor to do his portrait,” Hopkins said.

Photo by Esther Garcia

MOH from P12

further injury, Rascon put his body between the wounded Soldier and enemy machine guns, sustaining numerous shrapnel injuries and serious wound to the hip.

Disregarding his serious wounds he dragged the Soldier from the fire-raked trail. Hearing the second machine-gunner yell that he was running out of ammunition,

Rascon, under heavy enemy fire, crawled back to the wounded Soldier and stripped him

of his bandoleers of ammunition, giving them to the machine gunner who continued his firing.

In searching for more wounded, he saw the point grenadier being wounded by small arms fire and grenades. Rascon reached him and again used his body to cover him, again absorbing the full force of grenade explosions, and once again critically wounded by shrapnel but saving the Soldier's life.

"I am very humbled, very honored to come back to this lovely warm

place, and honored to receive a monument that reflects everybody, especially the combat medics," Rascon said.

After the Vietnam war, Rascon received a commission in the U.S. Army Reserve and was also appointed as the 10th director of the Selective Service System.

He returned to the Army in 2002 and served as a medical service officer with the Army Surgeon General's office and deployed to serve in Iraq and Afghanistan.

BAMC from P8

in their new room, watching TV again," Crozier said.

Family members often offer to assist in the process, carrying personal items belonging to the patient and accompanying the team through the hospital.

Whenever feasible, a unit or ward begins the transition phase to new space by having new admissions reduced to limit the number of patients who must be moved, Crozier said. As patients

are discharged from a unit that is scheduled to relocate, the empty beds are closed.

On June 10, staff and patients moved from the 2 West surgical ward to 7 East, where the number of beds was increased to accommodate additional patients. Since the patients formerly on 2 West were moving into rooms that already were outfitted with equipment and furniture, their beds and personal belongings were transferred to the new rooms. The move completed 7 East's

transition to 29 medical-surgical beds.

Patients in 28 beds in the 2 East surgical telemetry ward moved to 2 West on June 13. Following renovations, including the installation of new monitors, 2 East will reopen at a later date. The moves consolidated all monitored patients on the hospital's second and third floors.

Additional ward movements are expected later this year when the new Consolidated Tower is completed.

232TH from P3

ing's battalion trained more than 12, 500 Soldiers over the past two years. Lehning's initiatives included partnering with the faculty of the Department of Combat Medic Training, reducing class sizes, creating a reception company, increasing student study hours, providing more and better study space and eliminating training distracters.

Lehning's initiatives resulted in a 10 percent reduction in student

attrition which meant 1,000 more combat medics successfully graduating and joining the Army's medical force.

LaChance said that the incoming commander, Lt. Col. Eric Sones, has operational experi-

ence with the 82nd Airborne Division and the 25th Infantry Division.

Sones takes command of the Army's largest training battalion responsible for training the Army Medical Department's combat medics, the second largest military occupational specialty, exceeded in numbers only by the Infantry military occupational specialty.

Sones also has military education and experience at the strategic level in medical operations with assign-

ments as the deputy director of operations, Military Vaccine Agency, Office of the Army Surgeon General and chief of plans and operations in Kuwait, as well as at the regional medical command level.

FIGHTING FOR RECOVERY PART 3: FAITH AS THERAPY

Wounded warriors find strength, healing through spiritual growth

By L.A. Shively
FSH News Leader

Maj. Shirley Crumpton flits about the large kitchen, stacking dirty dishes in the sink, checking on a casserole she just slid into the oven to warm, and she asks every wounded warrior she passes if he or she would like something more to eat.

She lifts a huge serving bowl and, tilting it toward her with one hand, scoops coleslaw into a smaller bowl with a utensil in the other hand. The serving bowl is at least half as wide as she is tall, but the major deftly handles its girth, enthusiastic to be in a place where she feels she can help.

Although the lunch rush is over, wounded warriors hang out at the Warrior and Family Support Center swapping stories, watching television, relaxing and perhaps looking for a snack.

Crumpton said she loves to cook and takes every opportunity to assist with a meal, or make snacks for fellow service members visiting the WFSC. Helping others as a critical care nurse for 15 years had been her focus, until she was



Photos by L.A. Shively

Navy Hospital Corpsman 3rd Class Richard Pacheco prays during a Catholic Mass while in the field at Fort Hunter Liggett in California. Military in the field often depend on their faith to get them through, according to Chaplain Maj. Gary Goodson.

diagnosed with breast cancer.

When she heard her diagnosis, her world seemed to tilt. “After I was

told it was cancer, it took me awhile. First I asked, ‘Why me?’ I went through a grieving process.”

But her instincts as a nurse and her faith took over.

“Then I said, ‘Why not me? I can help others with it.’” Like the food she serves up, she said her faith nourishes and gives her hope.

“When I got injured, I thought I had the weight of the world on my shoulders,” said Staff Sgt. John Keith.

Injured in Baghdad, Iraq in 2008, Keith said his Humvee was hit with a rocket-propelled grenade. He lost his left leg above the knee.

Guiding his wheelchair through the crowd at the WFSC, Keith finds a shaded table on the veranda and joins the lone Soldier already sitting there. He digs into his plate of barbecue.

“I was married, had two kids and had to figure out a way to support them,” he said between mouthfuls. “I just put it into God’s hands. I could get an ulcer worrying about it; but I have put my trust in Him – gave Him the



Navy Chaplain Lt. William Stewart comforts and prays with a fellow Navy Seabee during a two-week field exercise at Fort Hunter Liggett in California.

problem and relinquished my control, which was the hardest part.”

His wife and children chattering happily around him, Sgt. Joe Urzua said his brain tumor may have slowed his thinking a bit; but as a result of his illness, he has been able to recognize the most important aspects of life, like family.

“Having this happen to me has given me a chance to sort things out,” Urzua said. “And in my quiet moments, to



A Catholic priest blesses the host, lifting it high so that everyone may see it during Mass in the field at Fort Hunter Liggett in California.

actually develop my relationship with God – I never realized how much I believe.”

Spirituality is the foundation of life for 1st Lt. Mark Bressler, who is suffering from Post Traumatic Stress Disorder after a tour in Afghanistan last year. Leaning forward on the big leather ottoman he occupies, he emphasizes his words.

“It pulls you up when things are down,” he said. “It builds you – mind, body and spirit. Without it, the rest of ‘you’ would go un-nurtured and die out.”

Crumpton, Keith, Urzua, and Bressler had joined approximately 200 other warriors and their families to munch on barbecue and listen to Warrior Transition Battalion Chaplain Gary Goodson during the monthly Chaplain’s Night at the WFSC.



Maj. Shirley Crumpton lifts a bowl nearly half her stature while she cleans up the kitchen after lunch at the WFSC.

“What isn’t spiritual?” asks Goodson. “When you’re in war, you’re dealing with life and death. It’s a spiritual experience.”

He adds the reality of war is that everyone gets wounded and stresses to the Soldiers to take time for their families who need healing as well.

“There’s a triad of healing or people feel there is; and that’s the healing of the mind, body and spirit,” explained Judith Markelz, program manager for WFSC.

Markelz said she feels the center supports healing those intangible wounds.

“We make people laugh a lot. When you laugh, it somehow makes a big difference.” She also ensures her staff regularly attends a workshop at Brooke Army Medical Center she calls “Happiness 101.”

“Some wounds are invisible inside the heart, soul, and spirit of the warrior,” writes retired Maj. Gen. Bob Dees in his essay, “Spiritual Solutions for Combat Trauma.”

Currently executive director of the Campus Crusade for Christ Military Ministry, Dees explains that unseen wounds are often the most difficult because they must heal from the inside out.

Healing can and does occur in many other areas of life besides the physical level according to Dr. Harold Koenig, Director, Center for Spirituality, Theology and Health, Professor of Psychiatry & Behavioral Sciences and associate professor of medicine at

Duke University.

Koenig spoke at length to a BAMC audience of health practitioners about the role spirituality plays in healing wounded warriors.

“Healing can occur in terms of relationships with others. People who are sick or injured may be at a point where they will forgive someone for the first time, let something go,” Koenig said. “Illness, disability and dying can bring people together like no other thing can.”

Koenig goes on to explain why spirituality and belief systems are vital elements of cultures across the spectrum.

“Religion is the only source for answers to questions such as, ‘Where did I come from? Why am I here and where am I going?’ Medicine and science have no answers,” Koenig points out.

“Religion is a powerful coping behavior for stresses in war, stresses in family, stresses in work and stresses in life.”

Recent research correlates religious practice with less fear, better pain control, less depression, and as a survival mechanism.

The New England Journal of Medicine questioned a random sampling of the general population in the U.S. during the week after 9/11, and reported that 90 percent of Americans surveyed turned toward religion to manage the stress. Prayer was the most common coping behavior after talking with others about the event.

“Religion has the hallmarks of an

evolved behavior, meaning that it exists because it was favored by natural selection,” reports Nicholas Wade of The Wall Street Journal.

Wade’s discussion of the findings of archeologists – that religious behavior occurred in societies at every stage of development and in every region of the world – led him to conclude that religious practice is universal because it was hardwired into our neural circuitry.

Molecular biologist Dean Hamer’s recent work, “The God Gene: How Faith is Hardwired into Our Genes,” supports Wade’s claim. Hamer professes to have found a gene responsible for human spirituality.

“For Soldiers, religion psychologically integrates bad things,” Koenig said. “If you can explain and make the world predictable again, it helps you to move on. Religion provides an alternative to drugs and alcohol and instead, provides a social support system, both human and divine.”

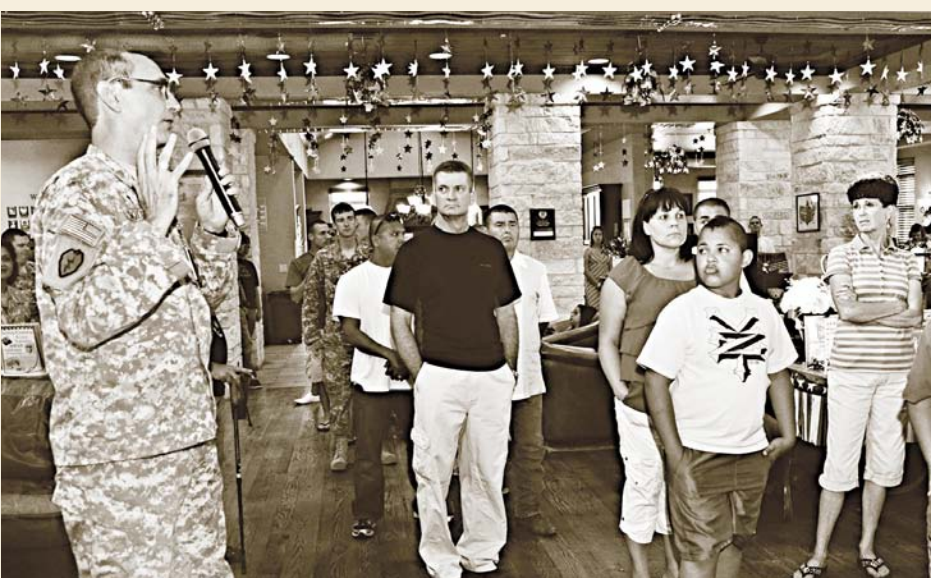
Have things changed since Keith turned his situation over to God?

“Yeah – with my type of injury, usually people have to get out. But I wanted to stay in. I put (my request) at His feet and it all worked out. I am staying on active duty.”

“If you have faith, that belief strengthens you,” Crumpton said, adding that prayer is an important part of her healing process. “When I pray, there is a feeling that is indescribable. I can feel the presence of God.”



Staff Sgt. John Keith helps himself to the plentiful buffet of barbecued goodies and nachos.



Warrior Transition Battalion Chaplain Maj. Gary Goodson speaks to the 200 or so wounded warriors and family who came to Chaplain’s night at the Warrior and Family Support Center. He discussed the importance of caring for each other and was available to anyone for one-on-one counseling during the evening.

WATER from P1

ply to all areas:

• Watering times for all areas are from 3 to 8 a.m. and 8 to 10 p.m. every other week.

• Watering times are based on address or building number. Use one of the two descriptions (not both) of your structure. Once a description is chosen, use it throughout Stage III, as this will be used as a reference by CE personnel conducting assessments.

• Reused and recycled water is still a valuable resource. When using reused or recycled water, irrigation should be done during non-daylight hours to prevent waste by evaporation.

• Watering with a hand-held hose with a diameter of one inch or less, by soaker hose or by water bucket during designated times.

These methods can be used at any time. Once the ground is saturated, that area has received enough water until the next watering cycle.

For residential areas, the following rules also apply:

- Military family housing with addresses ending in 0 or 1 are allowed to water on Monday;
- Addresses ending in 2 or 3 water on Tuesday;
- Addresses ending in 4 or 5 water on Wednesday;
- Addresses ending in 6 or 7 water on Thursday;
- Addresses ending in 8 or 9 water on Friday.
- Planting new grass, plants or trees is prohibited.
- Washing driveways or sidewalks is prohibited.
- Use of yard pools is prohibited, unless the water is circulated and reused; exempted are

pools used for medical therapy.

• Privately owned vehicles can be washed only on assigned watering days and times.

For athletic fields, parade fields and other areas that have no physical addresses, like medians or parks:

- Watering is allowed on Wednesday from 3 to 8 a.m. and 8 to 10 p.m. every other week.
- Special attention should be taken to soak the ground using soaker hoses to prevent run-off.
- Planting new grass, plants or trees is prohibited.
- For golf courses:
 - Water any day, but only as required to prevent deterioration or permanent damage.
 - Planting new grass, plants or trees is prohibited.

At construction sites and new buildings, follow these guidelines:

• New lawn or turf should only be installed if it cannot be deferred until more favorable watering conditions exist or in delivery. Ground soaking must be used for most effective watering. New lawn is considered properly rooted in five weeks after planting. At that point, standard water restrictions apply.

• Watering for Environmental purposes, such as Asbestos abatement or Air Quality, required in contracts should be continued.

For installation personnel charged with watering at their facility, with exemptions only approved by the base civil engineer:

- Watering is allowed on Wednesday from 3 to 8 a.m. and 8 to 10 p.m. every other week.
- Installation facilities with addresses ending in 0 or 1 are allowed to water on Monday;

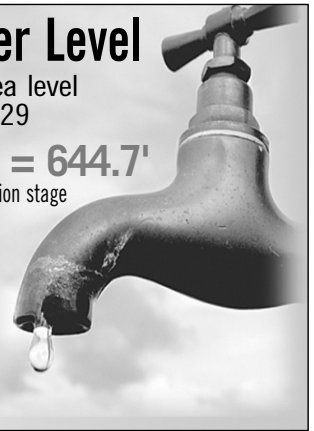
Edwards Aquifer Level

in feet above sea level
as of June 29

CURRENT LEVEL * = 644.7'

*determines JBSA water conservation stage

- Normal - above 660'**
- Stage I - 660'**
- Stage II - 650'**
- Stage III - 642'**
- Stage IV - 640.5'**
- Stage V - 637'**



- Addresses ending in 2 or 3 water on Tuesday;
- Addresses ending in 4 or 5 water on Wednesday;
- Addresses ending in 6 or 7 water on Thursday;
- Addresses ending in 8 or 9 water on Friday.
- Government vehicles should be washed only once per month
- Hydrant flushing or sewer flushing should be accomplished only if critically required and

approved by the base civil engineer

• Outdoor pools should have 25 percent surface area coverage, with evaporation screen or shields, when not in use.

• Water for ornamental pools and ponds is prohibited.

Serve drinking water at dining facilities only upon request.

• Planting new grass, plants or trees is

See WATER, P17

NEW MILITARY INSTRUCTION FACILITY HONORS SILVER STAR RECIPIENT



Courtesy photo

Following the building dedication of Military Instruction Facility No. 5 in honor of Silver Star recipient Sgt. 1st Class Benjamin Sebban, members of his family posed for an official photograph. Sebban's mother, Barbara Walsh (center), is joined by (from left) Tim Tolliver, a friend who served with Sebban; brother David and Kristin Bennett (David's fiancé); Adriane Neidinger, Army Medical Department Center and School command historian; and escort officer Sgt. 1st Class Aaliyah Murphy. A combat medic, Sebban was killed in action March 17, 2007, in Diyala Province, Iraq. On that date, Sebban safeguarded the lives of 86 paratroopers by alerting his team members to a suicide car bomb attack at a combat outpost.

WATER from P16

prohibited.

If and when Stage IV water restrictions take effect, it means new landscaping will not be allowed unless approved by the base civil engineer. Watering will be limited to using a hose, soaker, or bucket. Watering with sprinklers will be prohibited.

Installation and unit commanders must maintain and promote sound water conserva-

tion measures and also educate their personnel on water conservation and the need to eliminate water waste.

Joint Base San Antonio staffs at each installation are conducting assessments on a daily basis to identify water misuse/waste.

When users are notified of discrepancies, they need to be corrected immediately. Persons found in violation of these measures will be held accountable

for their actions and reported to their chain of command.

For more information, read the 502nd Air Base Wing Drought Management Plan at <http://www.502abw.af.mil>, which goes into detail about how restrictions are carried out.

(Anthony Martinez, JBSA Environmental Engineer, and Steve Elliott, FSH News Leader editor, contributed to this article.)



Photo by Eric Lucero

Maj. Daniel Schwartz, an emergency physician with the 5501st U.S. Army Hospital at Fort Sam Houston, provides routine medical care to a Dominican child at the medical readiness training exercise site June 6 in Laguneta, Dominican Republic. Schwartz was deployed to the Dominican Republic in support of Beyond the Horizon 2011 Dominican Republic, a U.S. Southern Command-sponsored, U.S. Army South-led, joint-service, interagency combined field training exercise geared to provide humanitarian and civic assistance to partner nations.

San Antonio Soldiers, doctors treat more than 25,000 Dominican residents

By Eric Lucero
ARSOUTH Public Affairs

Watching your infant child's mild cough slowly turn into a forceful hack, and later a full-on struggle to breathe can be terrifying.

Living in the countryside with no transportation and no medical clinics within your immediate area can surely turn that slight cough into a struggle for life.

For Anna Duran, a resident of Laguneta, Dominican Republic, this became a reality when last year, with the help of a passing motorcyclist, she carried her infant son several miles away to the

town of Mao, where she begged doctors to save her child.

For many of the people of Laguneta and the Valverde Province, immediate, local access to health care is a foreign concept. For these people, medical facilities are too far away.

For the Valverde populace, traveling 20 miles to the nearest medical clinic would be considered an epic journey.

However, for the past three months, there are new doctors in town; doctors in military uniforms wearing the rank and insignia of the U.S. Army and the residents of the Valverde Province capital-

ized on the sudden availability of healthcare.

More than 25,000 residents of the province were treated by U.S. Soldiers and doctors, according to Lt. Col. Luis A. Feliciano, commander of the Partnership of the Americas Collaboration and Coordination Element and commander of the 393rd Combat Services Support Battalion in Fort Buchanan, Puerto Rico.

Since March 19, the Valverde Province has hosted more than 1,000 U.S. Soldiers. The Soldiers are in the Dominican Republic in support of BTH 11 DOM, a U.S. Southern Command-sponsored, U.S. Army South-led, joint ser-

vice, interagency combined field training exercise geared to provide humanitarian and civic assistance to partner nations.

"Anybody in the U.S. can walk into an emergency room and get health care," said Maj. Daniel Schwartz, an emergency physician with the 5501st U.S. Army Hospital at Fort Sam Houston, Texas.

"Here, that's not necessarily the case. A lot of these people haven't seen a doctor in 40 years."

BTH 11 DOM operated nine separate medical readiness training exercise (MEDRETE) loca-

See ARSOUTH, P23

Cole JROTC receives Mayor's Award for Youth for volunteer activities

By Jayne Hatton

Associate Superintendent
Fort Sam Houston Independent School
District

The Robert G. Cole Cadet Cougar Battalion of the Junior ROTC received the Mayor's Award for Youth at the United Way Volunteer of the Year Awards ceremony at the Henry B. Gonzalez Convention Center June 21.

Candidates for the recognition were originally identified at the May 4 Warfighter and Family Readiness Volunteer Program, highlighting those individuals and groups who demonstrated exceptional volunteer service to their community.

"Volunteerism is about improving peoples' lives and improving our community," said Randy Smith, president and CEO of Randolph-Brooks Federal Credit Union and chairman of the event.

"The mission of the Cole JROTC program is Motivate Young People to be Better Citizens," said retired Lt. Col. Robert Hoffmann, senior Army JROTC instructor at Cole H.S. "As such, the cadets are involved in many activities on the high school campus, in our military community and in and around San Antonio."

Cole cadets have volunteered as pallbearers at funeral services for homeless veter-

ans since 2005. Veterans are identified by the Bexar County Veteran's Office as eligible for the Dignity Memorial Homeless Veteran Burial Program.

A quick call and a change of class schedules has allowed students to participate in more than 100 burials, with cadets serving as pall bearers, escorts for bereaved friends and relatives and even ceremoniously folding the American flag.

"America was founded on the backs of our volunteers," added Col. Mary Garr, 502nd Mission Support Group commander and honorary military representative. "Many individuals have given their time,

See COLE, P23



Courtesy Photo

Retired Lt. Col. Robert Hoffmann, senior Army JROTC instructor at Cole H.S., accepts the volunteer award for the Cole JROTC program from Linda Hummel, CEO, Humana South/Central Texas and presenting sponsor.



Announcements

Toastmasters Club

The club meets the second and fourth Wednesday of every month noon-1 p.m. in the Joint Program Management Office conference room 1A, Building 4196. Call 663-4814 or 850-420-1610 or visit <http://www.futurespeakers.freetoasthost.org>.

Defend Your Heart Research Study

The Center for Nutrition Research is conducting a process evaluation of a web based nutrition education program to reduce cardiovascular disease risk among DOD beneficiaries. Must be active duty, retired and family member over the age of 18, have elevated total blood cholesterol above 200

mg/dL and elevated LDL above 100 mg/dL, currently not taking cholesterol lowering medications and do not have a pacemaker. If qualified, you will receive a blood pressure, body composition and lipid profile. Call 221-6274 or 719-310-6708 for information.

Cloverleaf Communicators Club

The Cloverleaf Communicators Club is open to military, family members and civilians who are interested in developing or enhancing their leadership and communications skills. Meetings are held the first and third Thursday of every month 11:45 a.m.-1 p.m. at San Antonio Credit Union, Stanley Road, in the conference room. Call 916-3406 or 221-8785 for information or visit <http://powertalkinternational.com/>.

Van Autreve Sergeants Major Association

The SMA Leon L. Van Autreve Sergeants Major Association meets the third Thursday of each month at 5 p.m. at the Longhorn Café, 1003 Rittiman Rd. All active

duty, Reserve, National Guard and retired sergeants major are invited and encouraged to attend. Call 221-0584 or 889-8212 for information.

Sergeant Audie Murphy Club

The SMA Leon L. Van Autreve Chapter of the Sergeant Audie Murphy Club meets the third Thursday of each month at noon in the Men's Card Room at the Fort Sam Houston Golf Club. All Sergeant Audie Murphy or Sergeant Morales members are invited and encouraged to attend. Call 808-5194.

Diabetes Study

Do you have Type 2 diabetes? Are you overweight? You may be a candidate for a research study entitled, "Sleeve gastrectomy versus medical management for remission of diabetes in mild to moderately obese patients." Candidates must be military medical beneficiaries (retired and family members of active duty and retired), 18-65 years old, diagnosed with Type 2 diabetes and on medication. Active duty personnel are unable

to participate. Call 292-2210 for information.

Lost Property

If you have lost any property on Fort Sam Houston, call 221-2340. To claim items, you must have a form of photo identification and be able to identify the property.

Calendar of Events

July 14

Summer Concert Series

Wilbert Beasley and Body & Soul will be performing at 7 p.m. at the San Antonio Botanical Garden, 555 Funston at N. New Braunsfels. Admission is \$8. Blankets and chairs are welcome, no outside food or beverages. Call 829-5100 or visit <http://www.sabot.org>.

July 28

Notice to Korean War Veterans

The Korean American Association of San Antonio is planning a 61st anniversary appreciation event beginning at 5:30 p.m. at the FSH Golf Club for Korean War veterans who served in the Korean Theater of Operations from June



Main Post Chapel, Building 2200, 221-2754

Catholic Services:

4:45 p.m. - Reconciliation - Saturdays
5:30 p.m. - Mass - Saturdays
9:30 a.m. - Mass - Sundays
11:30 a.m. - Mass - weekdays

Protestant Services - Sundays:

8:00 a.m. - Collective Protestant
11:00 a.m. - Collective Protestant

Jewish Services: 379-8666 or 493-6660

8:00 p.m. - Fridays - Worship and
8:30 p.m. - Oneg Shabbat

Dodd Field Chapel, Building 1721, 221-5010 or 221-5432

Catholic Services:

9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study - Mondays
12:30 p.m. - Mass - Sundays

Protestant Services:

10:30 a.m. - Gospel Protestant - Sundays
9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays, child care is provided
6:30 to 7:30 p.m. - Protestant Women of the Chapel meeting - Thursdays, child care is provided

Samoan Protestant Service:

8:00 a.m. - Sundays

Brooke Army Medical Center Chapel, Building 3600, 916-1105

Catholic Services:

8:30 a.m. - Mass - Sundays
11:30 a.m. - Mass - Sundays

Protestant Services:

10:00 a.m. - Worship Service - Sundays
Episcopal/Lutheran Rite services:
12:30 p.m. - Traditional worship - Thursdays

Center for the Intrepid, first floor, 916-1105

Christ for the Intrepid services:

5:30 p.m. - Coffee and fellowship - Sundays
6:00 p.m. - Contemporary worship - Sundays

AMEDD Regimental Chapel, Building 1398, 221-4362

32nd Medical Brigade Student services

Catholic Mass: 8:00 a.m. - Sundays

Contemporary Protestant Service:

9:30 a.m. and 11:01 a.m. - Sundays

Muslim Jumma: 1:30 p.m. - Fridays

Installation Chaplain Office,

Building 2530, 221-5007

Church of Jesus Christ of

Latter Day Saints:

8:30 a.m. - Sundays

Web site: <http://www.samhouston.army.mil/chaplain>

1950-October 1954. Reserve a seat by July 19. A complimentary dinner will be provided for each Korean

War veteran and his or her one guest. Call 481-3047 or 651-5786 for information.

Thought of the Week

All business depends upon men fulfilling their responsibilities.

— Mahatma Gandhi

Force Support Squadron

Family & MWR

Announcements

Circus Tickets

The MWR Ticket Office in the Sam Houston Club, Building 1395, Chaffee Road, is selling discounted tickets for the Ringling Bros. and Barnum & Bailey Circus which runs through July 4 at the Alamodome. Call 226-1663.

Mission's Baseball

Military Appreciation Night

The MWR Ticket Office in the Sam Houston Club is giving away tickets to the July 20 Mission's baseball game. Call 226-1663.

Driver's Education Course

Classes for children ages 14-18 are Monday-Friday, July 18-Aug. 8 from 5 -7 p.m. at Family Childcare, Modular 1630 A, Sultan Road. Register at Army Community Service, Building 2797, 2010 Stanley Road. Students must provide a verification of enrollment form from their school. Call 221-4871.

EDGE! Summer Activities

Now registering children in first through 12 grades for various activities. To register, call 221-4871 or visit <https://webtrac.mwr.army.mil>.

Junior Golf Clinics

Register now for junior golf clinics held 9-11 a.m., July 11-15 and Aug. 8-12 at the Fort Sam

Houston Golf Club, 1050 Harry Wurzbach Road. Cost is \$100 per student. Call 222-9386.

Men and Women's Intramural Sports

Coaches and players are needed for flag football, basketball, soccer and softball. Register at the 32nd Medical Brigade Gym, Building 1281, Garden Road. Call 221-3003 for information.

Camp Bullis Archery Permit

Purchase an archery permit and enter the area selection drawing to hunt on Aug. 6, at 9 a.m. at the Camp Bullis Outdoor Recreation Center. Active duty, retired, Reserve, National Guard, DOD civilian, and disabled veterans with DOD ID cards must have a valid Texas hunting license and a hunter education card to purchase an archery permit. For more information and to scout archery areas check in at the Camp Bullis Outdoor Recreation Center from 8 a.m.-3:30 p.m. or call 295-7529/7577.

BOSS Joint Base Weekend Getaway at Canyon Lake

Aug. 5-8, \$70 per person, includes room and meals. Must be 18 or older to participate, payment due by July 15. Call 221-4242.

Bowling Specials

Specials include Wednesday nights, all you can bowl from 5-9 p.m. for \$20. Students service members can bowl for \$1 per game and \$1 shoe rental, Tuesdays from 11 a.m. to 9 p.m. at the Fort Sam Houston Bowling Center,

Building 2521 Schofield Road. Call 221-3683.

Nathan's Hot Dogs at the Club

Tuesday- Friday from 11 a.m.-1 p.m., purchase a hot dog, chips and soda for \$3.25 at the Sam Houston Club, Building 1395, Chaffee Road. Call 224-2723.

Microsoft Office Classes

June 30 – Publisher
July 5 – Introduction to Computers
July 6 – Access Level 2
July 7 – Word Level 1
Classes are 8 a.m.-noon at the Roadrunner Community Center, Building 2797. To register, call 221-2518/2705.

Calendar of Events

June 30

CYS Services Closure

Child, Youth & School Services Parent Central will close at noon to allow staff to participate in 502nd Mission Support Group Organizational Day activities. Call 221-4871.

Arm Yourself with Knowledge

The Keith A. Campbell Memorial Library invites young readers to design a shield, partake in jousting and make dragon eggs from 1-3 p.m. Call 221-4702.

July 1

Dive In Movie

"How to Train Your Dragon," will begin at dusk at the Fort Sam Houston Aquatic Center, Building 3300, Williams Road. Call 221-4887.

July 5

Budget Development

The class is 2-4 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-2380.

July 6

Virtual Family Readiness Training

The training is 9-10 a.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

Basics of Breastfeeding

The group meets 10-11:30 a.m. at the Roadrunner Community Center, Building 2797. Enjoy the company of other breastfeeding women and learn more about breastfeeding and mothering. Call 221-0349/0657.

Deployment Parenting

The class is 11 a.m.-noon at the Red Cross, Building 2650. Call 221-0349/2055.

Nurturing Parenting: Brain Development

The class is 11 a.m.-12:30 p.m. at the Roadrunner Community Center Building 2797. Call 221-0349.

Family Readiness Group Leader's Forum

This group forum is 11:30 a.m.-1 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

BOSS Meeting

The meeting is 1:30 p.m. at Benner Barracks, Building 272.

Call 221-4242 for information.

Mandatory Initial First Termer Financial Readiness

The class is noon-2 p.m. at the Education Center, Building 2248. To register, call 221-1612.

July 7

ScreamFree Parenting

Classes are July 7, 14, 21 and 28 from 11:30 a.m.-1:30 p.m. at the Red Cross, Building 2650. For more information, call 221-0349/2055.

Mandatory Initial First Termer Financial Readiness

The class is 10 a.m.-noon at the Roadrunner Community Center, Computer Lab Building 2797. To register, call 221-1612.

Outdoor Movie Nights

July 8, "The Green Hornet," rated PG-13, at the flagpole
July 9, "Gnomeo and Juliet" at Dodd Field
July 22, "Battle: Los Angeles" rated PG-13, at the flagpole
July 23, "Yogi Bear" at Dodd Field
All movies begin at dusk around 8-8:30 p.m. The movie time will get later as daylight remains longer. Bring chairs or blankets and enjoy free popcorn, snow cones and cotton candy. Call 221-2418/2704.

Rocco Dining Facility Menu

Building 2745, Schofield Road

Dining Room Breakfast Hours:
Monday-Friday 6:15-8:15 a.m.,
weekends and holidays 8-9:30 a.m.

Friday – July 1

Lunch –11 a.m. to 1 p.m.

Cream of potato soup, mulligatawny soup, jaegerschnitzel, oven fried fish, chicken cordon bleu, grilled chicken breasts, vegetable stuffed peppers, noodles Jefferson, German potato griddle cakes, parsley egg noodles, peas and celery, red cabbage with sweet and sour sauce, macaroni and cheese

Dinner – 5 to 7 p.m.
Bombay chicken, grilled pork chops, barbecued beef cubes, red beans and rice, oven browned potatoes, steamed rice, honey-dijon vegetables, yellow squash

Saturday – July 2

Lunch – noon to 1:30 p.m.

Dinner – 5 to 6:30 p.m.

Asian stir fry soup, cream of mushroom soup, Greek lemon turkey pasta, tropical baked pork chops, Cajun baked catfish, mashed potatoes, macaroni and cheese, hopping john rice, cauliflower, collard greens

Herb baked chicken, meat loaf, baked stuffed fish, manicotti with sauce, rice pilaf, potatoes au gratin, asparagus, sliced carrots

Chicken egg drop soup, cream of tomato soup, orange chicken stir fry, hamburger yakisoba, vegetable egg rolls, vegan pierogy, spaghetti with meat sauce, steamed rice, mashed potatoes, green beans with mushrooms, vegetable stir fry

Dinner – 5 to 6:30 p.m.

Monday – July 4

(Independence Day)

Lunch – noon to 1:30 p.m.

Sauteed shrimp, steak ranchero, hamburgers, cheeseburgers, barbecued pork sandwiches, vegetable burgers, mashed potatoes, baked beans, broccoli, sauteed onions and mushrooms, sweet potato fries

Cream of broccoli soup, vegetable soup, hamburgers, cheeseburgers, barbecued chicken, barbecued spareribs, lemon pepper fish, baked beans, baked potato wedges, collard greens, corn on the cob, broccoli quiche

Asian turkey, roast turkey, beef enchiladas, Italian broccoli pasta, refried beans, mashed potatoes, carrots, green beans

Tuesday – July 5

Lunch – 11 a.m. to 1 p.m.

Dinner – 5 to 7 p.m.

Cream of chicken soup, beef noodle soup, roast pork tenderloin, herb Cornish hens, beef fajitas, broccoli-rice and cheese, O'Brien potatoes, wild rice, Mexican rice, California Normandy combo, pinto beans, French-style green beans

Oven fried chicken, roast beef, Mexican baked chicken, vegetarian nuggets, baked redskin potatoes, steamed rice, turnip greens, mixed vegetables

French onion soup, cream of potato soup, savory baked chicken, Italian rice and beef, breaded pork fritters with mushroom gravy, pasta primavera, caviar medley rice blend, mashed potatoes, cauliflower, broccoli

Dinner – 5 to 7 p.m.

Thursday- July 7

Lunch – 11 a.m. to 1 p.m.

Dinner – 5 to 7 p.m.

Braised beef and noodles, ginger teriyaki salmon, buffalo chicken wings, potatoes and herbs, brown rice, carrots, green bean combo

Asian stir fry soup, cream of broccoli soup, Cantonese spareribs, barbecued chicken, Swedish meatballs, grilled turkey patties, cheese enchiladas, lyonnaised potatoes, steamed rice, fried rice, hacienda corn and black beans, vegetable stir fry

Chicken parmesan, baked spaghetti, spinach lasagna, sweet and sour pork, whole wheat pepperoni pizza, steamed pasta, rice pilaf, Italian baked beans, red potatoes, broccoli, cauliflower au gratin

Menus are subject to change without notice



For Sale: GE Profile washing machine, works good, \$100; large bird cage, 2 feet by 2 feet by 3 feet, \$125. Call 653-3286.

For Sale: Samsung 32-inch flat screen TV, \$165; Garmin Nuvi GPS, \$40; Vera Wang wedding flutes, \$30; Coach purse with matching wallet, \$60; 26-inch by 33-inch lithograph framed glass color painting, \$40; Jack Georges leather briefcase, \$150; designer dog bed, \$30; 48-inch antique oval mirror on stand, \$75 obo. Call 313-0061.

COLE from P19

fortunes and often their lives to keep our nation strong.” Since 1995, Cole cadets have been the

designated volunteer color guard for the naturalization ceremonies conducted by the United States Immigration and Naturalization Service in San Antonio.

“To witness an individual relinquish ties to their native country and become a citizen of the United States has been a humbling experience for the students,” said

parent Laura Lamoureux. Other community service projects include packing boxes of personal supplies for deployed troops with

Soldier’s Angels; Susan Komen Race for the Cure set-up, execution, and clean-up; adopt-a-highway clean-up; sponsor of quarterly school blood drives; support

for San Antonio Fiesta events; and city-wide patriotic ceremonies conducted throughout the school year, to name a few.

HIDALGO from P9

and city, county and state governments is responsible for initiatives such as light orders and ordinances by Kendall, Bexar and Comal counties and the

cities of San Antonio, Shavano Park and Fair Oaks Ranch to protect realistic night training at Camp Bullis,” said Phil Reidinger, Army Medical Department Center & School public affairs director. While public af-

fairs officers for the U.S. Army Garrison at Fort Sam Houston, Reidinger worked extensively with Cannizzo. “Jim Cannizzo has led the Army effort to protect the military operations at Camp Bullis and

Camp Stanley managing every environmental initiative associated with the Camp Bullis Joint Land Use Study with Federal, state and local government,” Reidinger added. “His professional

expertise enabled the command to secure conservation easements opening thousands of acres for training at Camp Bullis encumbered by endangered species habitat management,” Reidinger said. “During

the current and previous sessions of the state legislature he served as the Army advocate preventing development encroachment that would have significantly reduced training operations at Camp Bullis.”

ARSOUTH from P18

tions between March 19 and June 11, providing dental, optometric and general health care. The Soldiers conducted routine dental extractions, administered eye exams and a pair of glasses, and provided basic medical support for other ailments to thousands of Dominican citizens. “I want the Soldiers to go back home with plenty of confidence that what they have done here today will have a long-lasting effect in the community,” Feliciano said. “They should feel very proud of their ability to influence this country and share with

the locals.” Some Dominican residents admit they were skeptical at first, but were calmed by neighbors returning from the MEDRETE sites. “At first, I didn’t think this was true. Why would American Soldiers come here and give me free medicine,” said Mediolina Santana, a Laguneta resident. “Many people cannot afford the medicine and treatment, but thanks to the Soldiers, it’s possible for the people to receive this today for free.” The Soldiers also benefitted from the real-world training and it provided them an opportunity to fulfill personal

reasons of why they joined the Army. “It’s one of the reasons I joined the Army,” Schwartz said. “We have the ability to respond and we have the ability to provide care. This is a different face of the Army that I think we need to continue to show the world.” “Being down here is a lot different from being in the civilian sector,” said 1st Lt. Tarah Carnes, a nurse with the 228th Combat Support Hospital in San Antonio. “A lot of these people do not have proper health care and they are very grateful for what we’re giving. I think it not only helped me in my expe-

rience to take back to the civilian sector, but it helped me grow as a Soldier and as a nurse.” In addition to providing health care to the Dominican people, a backdrop of the program was to conduct a joint-humanitarian assistance effort with the Dominican army and to work hand-in-hand with a variety of governmental and non-governmental agencies, to train in operations skill sets while providing medical care for the people of the region. “It is of vital importance for the unity and comradeship for our countries,” said Maj. Nathaniel Aria

Dominguez, commander of the Special Operations Brigade of the Dominican Republic army. “The U.S. has always given us assistance when we need help. This exercise helps maintain the unity and friendly relationship between our countries.” “I believe we’ve been able to better understand the leadership and traditions of the Dominican army,” Feliciano said. “Without the support of the 4th Infantry Brigade of the Dominican Republic army, this would not have been possible.” For Duran, the Dominican doctors saved her son that frightening day last year, but today she was able to have

her entire family see a doctor and for her son to receive medicine for follow-up care from U.S. Soldiers and doctors. “This program is very important,” Duran said. “It has helped me because I am a poor mother with four children and it has given me medicine for them. The Soldiers have been very good to the children. I am very thankful and will never forget that.” “To be able to simply walk in and tell a doctor their problems, get some advice and be able to get some medication, even if it’s for two weeks or a couple of days, it means the world to them,” said Schwartz.